

FITNESS PYRAMID

INCENTIVE PROGRAM

- Register at the Front Desk.
- Complete Fitness Activities listed on tracking card.
- Complete each level of Pyramid before moving to next level.
- Prizes awarded at the completion of program.
- Program Board & Tracking Cards outside Group Fitness Studio.

FREE

VARIETY

MAY 29th-JULY 22nd

SIGN-UP AT FRONT DESK

CHANCE TO WIN A MASSAGE!!!

CARDIO, STRENGTH TRAINING,
CIRCUIT, CYCLING & GROUP EXERCISE

CLIMB THE FITNESS PYRAMID



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